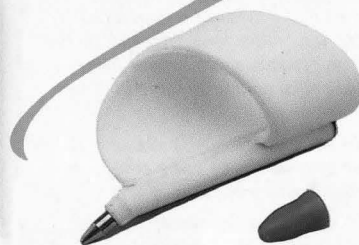


# friends

MAIL ORDER

45 Osborne Avenue,  
Toronto, Ontario  
M4E 3A8

**\$2.00**



## COMMUNICATION

FINGER PRINT PEN

Pg 2



## BATH/MEDICAL

BOSTON HOOP WITH BRUSH

Pg 3



## KITCHEN & DINING

GOOD GRIPS CUTLERY

Pg 5

*Lots more "Friends"  
to make your life easier,  
inside...*

**W**elcome to the premier issue of **FRIENDS MAIL ORDER**. A Friend is someone who is likely to support or help. The "Friends" you'll find here can also be comforting, warm, or just plain helpful. We hope that in these pages you'll find some new Friends.

**FRIENDS MAIL ORDER** was originally created as a resource for People with Parkinson's. We've grown to have items that are suitable and helpful for all people who just want to make their life a little easier.

**Our goal is to support each individual's choice of lifestyle and to offer reinforcement and assistance for this choice.**

**FRIENDS MAIL ORDER** is committed to offering quality products, Canadian made, wherever possible. We also want to allow you the privacy and comfort of shopping from your own home.

We believe in contributing to medical researchers working to make inroads in the understanding and treatment of various conditions.

That's why when you make a purchase, 5% of the retail price is donated to the medical research charity of your choice. Using your order form, you specify the charity. This allows our customers to benefit from our products while we each do a little something to help others.

**FRIENDS backs all our carefully chosen products with our guarantee of your complete satisfaction or your money back.**

Write us and let us know a little about yourself and how we can better serve you.

Thank you. Karen

\*Registered Provider with Blue Cross Veterans Health Care for Aids for Daily Living\*



### STEP EASE

Mobility device for those with osteo/rheumatoid arthritis, back trouble, hip problems or neurological disorders, such as Parkinson's. Reduces the distance between stairs along the handrail of present staircase, so you only have to lift or lower your foot half the normal distance. This decreases limb movement, saving you effort, conserving energy and easing pain. For safety, unit features a rubberised, skid and slip-resistant surface permanently bonded to sturdy base with highly visible yellow edge markings. Easy to install, does not hinder regular stairway traffic. Manufacturer's limited lifetime warranty.

FMO 410 Step Ease \$34.29 each

### TeleStik PORTABLE RETRIEVER



Two telescopic arms for alternative retrieving systems. Adhesive system with UltraStik Pad to retrieve lightweight items. Hook system to hook and draw lightweight items to you. Compact 8."

FMO 310 \$32.09

### REPLACEMENT UltraStik ADHESIVE DISK

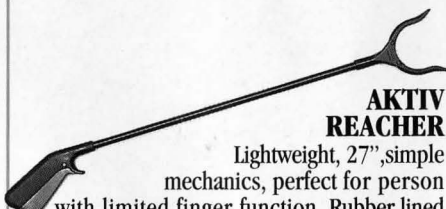
Picks up over 2000 times. 1 Pad per pack.

FMO 311 \$7.99

### TeleStrap ACCESSORY STRAP

Use to affix your hand steadfast to the retriever or can be used to attach the retriever to a wheelchair or a scooter.

FMO 312 \$9.19



### AKTIV REACHER

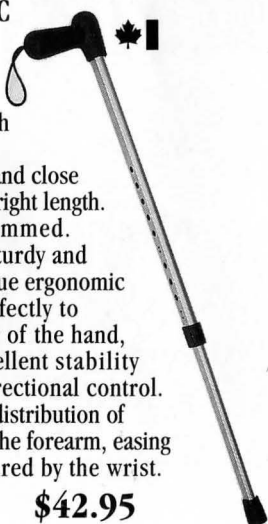
Lightweight, 27", simple mechanics, perfect for person with limited finger function. Rubber lined claws prevent slipping and can be rotated. Easy to squeeze gripper handle provides a secure hold on objects. Magnet on grip head will pick up small metal objects.

FMO 314 \$60.99

### TELESCOPIC CANE

Programmable telescopic mechanism, with a memory that makes it open and close instantly to the right length. Easily reprogrammed. Lightweight, sturdy and compact. Unique ergonomic handle fits perfectly to inside contour of the hand, allows for excellent stability and better directional control. Achieves better distribution of weight towards the forearm, easing the effort required by the wrist.

FMO 401 \$42.95

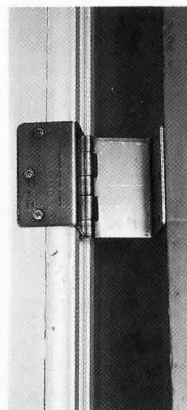


### FRIENDS DOOR HINGES

Instantly add two inch width to any doorway.

Allows barrier-free life for those who use wheelchairs. Hinge installs easily, using existing door screws and holes. Ideal for narrow bathroom doors. Set of 2.

FMO 412 \$34.99



### WINTER GRIP

Clamps on with two screws. Fits all standard size canes and crutches. Easy to install and remove. By simply squeezing together two plastic knobs, points may be swung down and locked into position for use. When not needed, the points can be flipped up.

FMO 409 \$12.95



### SUPER SOLES

Traction for slippery conditions. Unique design insulates the feet from the ground keeping them warmer and dryer, yet providing an extraordinary grip. Quality lightweight materials stay flexible. Replaceable cleats. Easy to attach: simply unzip velcro toe and ankle straps, slip shoe toe under toe strap, slip foot back firmly against rear straps and secure straps.

FMO 402	X-Small-Reg. Width	\$39.99
FMO 403	Small-Reg. Width	\$39.99
FMO 404	Small-Wide Width	\$39.99
FMO 405	Medium-Wide Width	\$39.99
FMO 406	Large-Wide Width	\$39.99
FMO 407	Extra Large -Wide Width	\$39.99
FMO 408	Replacement Cleats	\$6.49

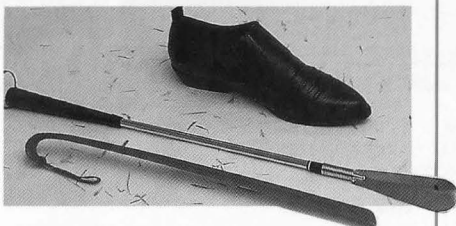




### ELASTIC SHOELACES

Ideal for those with limited hip movement or dexterity. Lace and tie shoes just once. Shoes can be slipped on and off with aid of a shoehorn. Available in black, brown and white. 27". Thicker deluxe laces are ideal for athletic shoes. Two pairs per package.

FMO 120	Black	\$4.29
FMO 121	Brown	\$4.29
FMO 122	White	\$4.29
FMO 128	Deluxe White	\$4.69



### PLASTIC SHOE HORN WITH HOOK

Durable plastic allows shoes to slide on smoothly. Nylon loop for easy storage. Use hook to pull up socks and other footwear. Length 17".

FMO 123 **\$4.79**

### JOCKEY SHOE HORN

Lightweight, 23" metal shoehorn works with a spring action, used at any angle. Shoes slip on with ease. Non-slip vinyl handle provides a secure and comfortable grip.

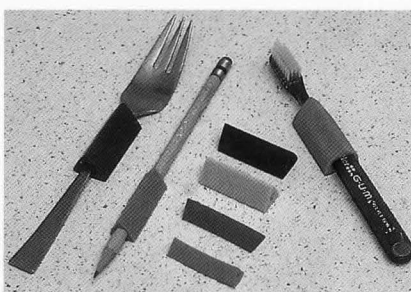
FMO 124 **\$11.19**



### EASY PULL SOCK AID

Ideal for person who has had hip surgery or arthritis. Flexible plastic core makes putting socks on easy for those with use of one hand. Large loop handle at end of 32" straps. Nylon lining allows foot to slide easily through trough. Terry cloth outer covering keeps socks secure on the Easy Pull. Hand washable.

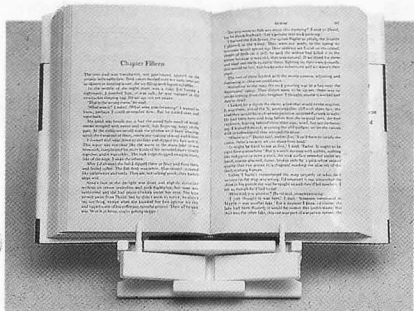
FMO 127 **\$19.99**



### TRIANGULAR GRIPS

Adds bulk and provides soft flat gripping surface. Seven different sizes. Great for small hand held tools, including writing instruments, crochet hooks and silverware. Special benefit to arthritis sufferers and others with disabilities that affect finger strength and dexterity. Package of 14. 2 of each ranging from 3/16" to 3/8" inside diameter.

FMO 104 **\$6.49**



### BOOK BUTLER

Frees hands and holds pages flat in place for page turning. Paperbacks, hard-cover books, magazines and newspapers can be held at a 45 angle for comfortable viewing. Easily adjusted spring loaded posts hold pages in place. Measures 7" X 9". Ideal for use for one hand.

FMO 105 **\$23.59**

### GRIP HANDLE BUTTON / ZIPPER PULL COMBO

One handed buttoning and zipping. Wire form makes buttoning simple. Handy steel hook for zipping. Built up rubber grip.

FMO 125  
**\$9.99**



### DRESSING STICK

5/8" lightweight birch dressing stick provides easy gripping. One end has a "C" hook and other has a push-pull hook, both plastic-coated. Ideal for use by those with decreased hip flexion or limited extremity movement. 27" long.

FMO 126 **\$6.99**



### FINGER PRINTS

Perfect for those who have trouble holding a pen due to Parkinson's, arthritis, stroke or persons who have hand movement but limited or weak grasping abilities. Flexible plastic to slide easily onto the finger. Contains blue ink. Pen cap. Ring size determines pen size.

FMO 101	Small Size 4	\$6.99
FMO 102	Medium Size 6	\$6.99
FMO 103	Large Size 7	\$6.99



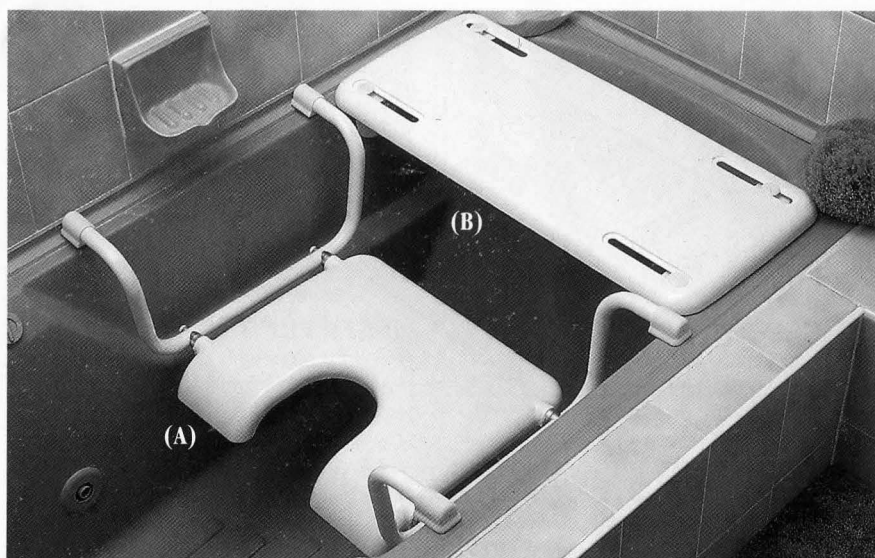
### FRIENDS'S PEN

For people who have difficulty in writing due to reduced strength and/or mobility in their hands and arms.

Indentations provide comfortable grip. Requires almost no pressure to use. Lightweight. Has clip top. Takes Parker Pen refills.

FMO 106  
**\$15.89**





### BATH SEAT (A)

Cut out opening to simplify intimate hygiene. Large plastic surfaces on ends of metal tubing prevent seat from slipping. Moulded polypropylene embedded with aluminium for strength. Textured surface reduces risk of slipping while causing soap and water to disperse when skin contact is made. Will withstand up to 280 lbs. Use alone or in combination with Bath Board.

FMO 174

**\$109.99**

### BATH BOARD 27" (B)

A helper when moving from edge of the tub to bathtub seat. Underside equipped with non-slip rubber pads to hold board firmly in place. Use alone or with bath seat. Optional white handgrip inserts in board and fastens to desired seating width. Optional red handgrip available for visually impaired person.

FMO 175 Bath Board **\$87.99**

FMO 176 Handgrip - White **\$39.99**

FMO 177 Handgrip - Red **\$39.99**

### BOSTON HOOP (A)

Hoop design makes washing back and other body parts possible for person with limited range of motion or limited fine motor control. Available with a brush or hoop attachment. Approximately 22 3/4" in diameter.

FMO 172 HOOP WITH BRUSH **\$42.99**

FMO 173 HOOP WITH SPONGE **\$42.99**



### ELEVATED TOILET SEAT

LOK-IN-EL bracket slides under hinge on regular toilet seat and secures it to the toilet bowl. Can be easily removed after every use, placed on another seat or used without bracket. 5" High. Easy to clean polyethylene plastic.

FMO 170

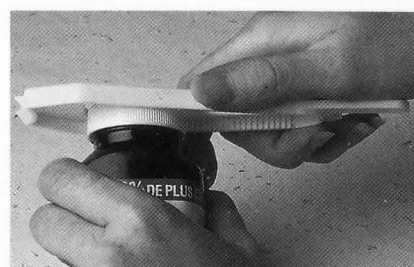
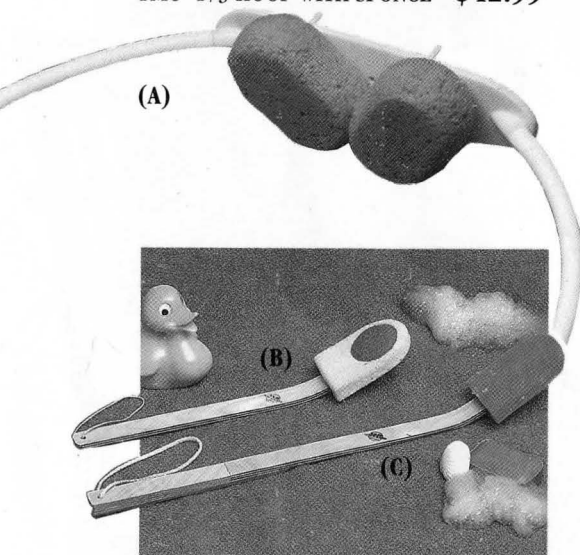
**\$49.99**

### BODY SCRUBBERS (B) (C)

Great for people with limited range of motion in shoulder, elbows and arms. Body-hugging wood handle lets you reach and clean every part of your body. Strong and durable. Comes in 2 models. "Classic" model provides great scrubbing power for normal skin with unique "Scrubber Core" in the sponge. "Ultimate" model features extra long 24" handle that has wider grip.

FMO 163 (B) "Classic" **\$8.59**

FMO 164 (C) "Ultimate" **\$13.39**

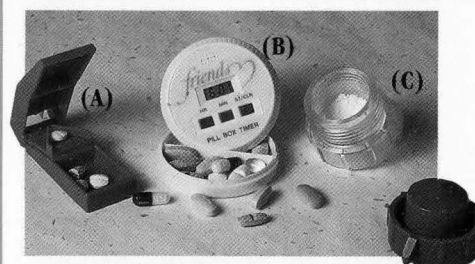


### PILL CAP OPENER

Aids in turning and lifting of caps. Opens both prescription and non-prescription bottles, up to almost 2".

FMO 165

**\$2.49**



### PILL SPLITTER (A)

Eliminate mess and inaccuracies of dividing medication. Easy-to-use, cleanly and evenly splits with little effort, coated and uncoated tablets up to 1/2" in diameter. Handy storage compartment.

FMO 167

**\$8.69**

### PILL BOX TIMER (B)

Alarm to tell you when it is time to take medication. Three alarm times and automatic display shut off. When the countdown time expires the pocket sized timer automatically starts counting down from the previously set time. Built-in storage compartment. Digital display. Battery included.

FMO 168

**\$18.19**

### PILLVERIZER (C)

Large knob allows those with a limited grasp to crush their own medication to a fine consistency. Smooth surfaces avoid cross contamination. Knob has convenient storage compartment.

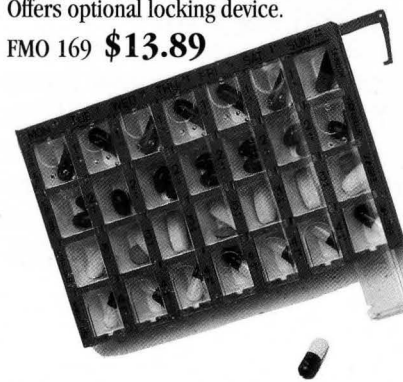
FMO 166

**\$10.69**

### MEDICATION ORGANIZER

Take medicine correctly and at the right time. Fill for one week. Blind and people with impaired vision can make use of the raised braille markings. Easy access to 28 small compartments via 7 easy to use sliding plates. Offers optional locking device.

FMO 169 **\$13.89**





45 Osborne Avenue,  
Toronto, Ontario, Canada M4E 3A8  
(416) 699-4446 Fax (416) 699-3246

### SOLD TO:

Your Name:

☐ Address Correction ☐ Gift Address ☐ Ship to different address

Name:

Address:

City:

Province:

Postal Code:

Phone No.:

If your Name does not appear here, please fill in area to right

### PAYMENT METHOD: (please check one)

☐ Cheque enclosed (Includes shipping, handling & taxes)

☐ Money Order enclosed (Includes shipping, handling & taxes)

*PAYMENT TO ACCOMPANY ALL ORDERS*

Make Cheque or Money Order payable to: FRIENDS MAIL ORDER. No Cash or C.O.D.'s please. Prices are listed in Canadian Funds.

### COMPLETE YOUR ORDER: (please print or type)

Pg #	Item #	Description	Qty.	Unit Price	Total Price
7	FMO 306	Mighty Grip Jar Opener	1	\$6.39	\$6.39

If you need more space, please attach a separate sheet of paper.

**How are Orders Shipped:** We usually ship via UPS or Canada Post. Unless otherwise specified allow 2 to 3 weeks for delivery. If the item is out of stock, we will inform you of the expected delay. If you require the item by a specific date, please let us know at the time of ordering and we will do our best to accommodate you.

**(B) SHIPPING & HANDLING:** Calculate separately for each address.  
(Includes GST)

If your Total Merchandise is:

				Ontario Only (8% PST included)
\$ 15.00 or under...	...add	\$ 4.28	\$ 4.60	
\$ 15.01 - \$ 25.00	...add	\$ 7.49	\$ 8.05	
\$ 25.01 - \$ 50.00	...add	\$ 8.56	\$ 9.20	
\$ 50.01 - \$ 75.00	...add	\$ 9.63	\$ 10.35	
\$ 75.01 - \$ 100.00	...add	\$ 10.90	\$ 11.50	
\$ 100.01 - \$ 150.00	...add	\$ 12.84	\$ 13.80	
Over \$ 150.00	...add	\$ 19.26	\$ 20.70	

Please note, that 7% GST, where applicable, has already been added into the item price.

\* Please remember, Ontario Sales Tax applies to Ontario Residents only.

There is no Provincial Sales Tax on orders that are shipped out of Ontario.

**Total Merchandise (A)**

**Shipping & Handling (B)**  
(see chart at left)

**\*Add 8% Ontario Sales Tax**  
(on Total Merchandise) (A)

**TOTAL AMOUNT**  
(All prices are listed in Canadian Dollars)  
GST # R134568765

**FRIENDS MAIL ORDER** will donate 5% of the retail price of merchandise purchased to the medical research charity of your choice. Please check the appropriate box.

- ☐ Amyotrophic Lateral Sclerosis Society of Canada
- ☐ Alzheimer Society of Canada
- ☐ Arthritis Society
- ☐ The Easter Seal Society of Ontario
- ☐ Multiple Sclerosis Society of Canada
- ☐ Muscular Dystrophy Association of Canada
- ☐ Ontario Federation for Cerebral Palsy
- ☐ Ontario March of Dimes
- ☐ The Parkinson Foundation of Canada
- ☐ Spina Bifida and Hydrocephalus Association of Ontario
- ☐ Toronto & Central Region Ontario Hemophilia Society
- ☐ Other (Please Specify) \_\_\_\_\_



ITEM #	PRODUCT	DESCRIPTION	UNIT	PRICE	QTY.	COST	PG#
<b>COMMUNICATION</b>							
FMO 101	Finger Print Small	Size 4-5	1	\$6.99			2
FMO 102	Finger Print Medium	Size 6	1	\$6.99			2
FMO 103	Finger Print Large	Size 7-8	1	\$6.99			2
 <p><b>RING SIZER:</b> To find your ring size, wrap a piece of string around the widest part of your finger, and compare to the chart.</p>							
FMO 104	Triangular Grips	Pkg of 14	1 Pkg	\$6.49			2
FMO 105	Book Butler	Beige	1	\$23.59			2
FMO 106	Friends Pen	Black	1	\$15.89			2
<b>THERAPY &amp; EXERCISE</b>							
FMO 110	Fiddllink			\$12.99			4
FMO 111	Back-up	Navy	1	\$48.19			4
FMO 112	Soft Ankle/Wrist Weight		1 set	\$12.79			4
FMO 115	Stretch & Strengthen Package		1 Pkg	\$29.99			4
FMO 116	Hand Exerciser		1	\$17.19			4
FMO 117	Friends Health Bags	Long Bag	1	\$21.39			4
FMO 118	Friends Health Bags	Square Bag	1	\$21.39			4
FMO 119	Friends Health Mitt		1	\$21.39			4
<b>DRESSING</b>							
FMO 120	Elastic Shoelaces (2Pair)	Black	1 Pkg	\$4.29			2
FMO 121	Elastic Shoelaces (2Pair)	Brown	1 Pkg	\$4.29			2
FMO 122	Elastic Shoelaces (2Pair)	White	1 Pkg	\$4.29			2
FMO 123	Plastic Shoehorn with Hook		1	\$4.79			2
FMO 124	Jockey Shoehorn		1	\$11.19			2
FMO 125	Grip Handle Button/Zipper Pull Combo		1	\$9.99			2
FMO 126	Dressing Stick		1	\$6.99			2
FMO 127	Easy Pull Sock Aid		1	\$19.99			2
FMO 128	Elastic Shoelaces	Deluxe White	1 Pkg	\$4.69			2
<b>HOUSEHOLD</b>							
FMO 130	D-Grip Handle		1	\$14.99			6
FMO 131	Straight Handle		1	\$10.69			6
FMO 132	Long Loop Scissors		1	\$25.99			6
FMO 133	Gripping Pliers		1	\$25.99			6
FMO 134	Carry It (Set of 2)		1 Pkg	\$3.69			7
FMO 135	Bulb Buddy		1	\$10.69			7
FMO 136	Long Handled Dust Pan & Broom		1	\$15.59			6
FMO 137	Lever Door Knob Turner	Almond	1 Set	\$32.99			7
FMO 138	Lever Door Knob Turner	Satin Brass Colour	1 Set	\$32.99			7
FMO 139	Portable Door Knob Turner	Tan	1	\$16.99			7
FMO 140	Motion Sensor Wall Switch	White	1	\$34.79			6
FMO 141	Universal Turner	Black w/Red	1	\$27.49			6
FMO 142	Easy Turn Lamp Switch Kit	Black	1	\$13.49			7
FMO 143	Key Turner	Blue	1	\$10.99			7
FMO 144	Bed Hoist	White	1	\$23.99			6
FMO 145	Blanket Support	Chrome	1	\$45.99			6
<b>RECREATION</b>							
FMO 150	Lo Vision Playing Cards		1 Pkg	\$6.49			4
FMO 151	Card Holder	Set of two	1 Pkg	\$6.49			4
<b>BATH / MEDICAL</b>							
FMO 160	Tweezers		1	\$6.49			4
FMO 161	Fingernail Clipper		1	\$6.49			4
FMO 162	Toenail Clipper		1	\$7.49			4
FMO 163	Body Scrubber	"Classic"	1	\$8.59			3
FMO 164	Body Scrubber	"Ultimate"	1	\$13.39			3

ITEM #	PRODUCT	DESCRIPTION	UNIT	PRICE	QTY.	COST	PG#
FMO 165	Pill Cap Opener		1	\$2.49			3
FMO 166	Pillverizer		1	\$10.69			3
FMO 167	Pill Splitter		1	\$8.69			3
FMO 168	Pill Box Timer		1	\$18.19			3
FMO 169	Medication Organizer		1	\$13.89			3
FMO 170	Elevated Toilet Seat		1	\$49.99			3
FMO 172	Boston Hoop With Brush		1	\$42.99			3
FMO 173	Boston Hoop With Sponge		1	\$42.99			3
FMO 174	Bath Seat		1	\$109.99			3
FMO 175	Bath Board		1	\$87.99			3
FMO 176	Bath Board Handgrip	White	1	\$39.99			3
FMO 177	Bath Board Handgrip	Red	1	\$39.99			3
<b>KITCHEN &amp; DINING</b>							
FMO 201	Drinking Goblet		1	\$21.99			5
FMO 202	Drinking Glass		1	\$35.99			5
FMO 203	Plate With Raised Edge	White	1	\$24.99			5
FMO 204	Weighted Utensils	Teaspoon	1	\$9.99			5
FMO 205	Weighted Utensils	Soup Spoon	1	\$9.99			5
FMO 206	Weighted Utensils	Fork	1	\$9.99			5
FMO 207	Weighted Utensils	Serrated Knife	1	\$10.99			5
FMO 208	Dycem Round Placemat	8" diameter x 3/16"	1	\$14.99			6
FMO 209	Dycem Round Placemat	10" diameter x 3/16"	1	\$18.59			6
FMO 210	Dycem Rectangle Placemat	10" x 14" x 3/16"	1	\$27.89			6
FMO 211	Dycem Coasters	(4 Pack)	1	\$13.89			6
FMO 212	Dycem Tabs	5/8" diameter - Card of 24	1	\$7.89			6
FMO 214	Good Grips Fork		1	\$12.99			5
FMO 215	Good Grips Teaspoon		1	\$12.99			5
FMO 216	Good Grips Tablespoon		1	\$12.99			5
FMO 217	Good Grips Youthspoon		1	\$12.99			5
FMO 218	Good Grips Rocker Knife		1	\$13.99			5
FMO 301	Dycem Jar Opener		1	\$10.49			6
FMO 302	Serrated Knife		1	\$22.99			5
FMO 303	Tab Grabber		1	\$2.49			5
FMO 304	Push / Pull		1	\$3.69			7
FMO 305	Utensil Holder		1	\$5.99			5
FMO 306	Mighty Grip Jar Opener	White	1	\$6.39			7
FMO 307	Q.E.D. Instant Food Thickener	8 oz.	1	\$7.49			5
FMO 308	Clear Food Guard		1	\$13.99			5
<b>REACHERS</b>							
FMO 310	Telestik Portable Retriever		1	\$32.09			1
FMO 311	Replacement UltraStik Adhesive Disk		1Pkg	\$7.99			1
FMO 312	TeleStrap Accessory Strap		1	\$9.19			1
FMO 313	Aktiv Reacher		1	\$60.99			1
<b>MOBILITY</b>							
FMO 401	Telescopic Cane		1	\$42.95			1
	Size	Man's Boot	Woman's Boot	(Note: PST not Applicable to Super Soles)			
FMO 402	Super Soles XS Regular Width	4 - 6	5 - 7	1 Pair	\$39.99		1
FMO 403	Super Soles S Regular Width	6 1/2 - 8	7 1/2 - 8 1/2	1 Pair	\$39.99		1
FMO 404	Super Soles S Wide Width	6 1/2 - 8	7 1/2 - 8 1/2	1 Pair	\$39.99		1
FMO 405	Super Soles M Wide Width	8 1/2 - 10	9 - 10 1/2	1 Pair	\$39.99		1
FMO 406	Super Soles L Wide Width	10 1/2 - 12	11 - up	1 Pair	\$39.99		1
FMO 407	Super Soles XL Wide Width	12 1/2 - 14		1 Pair	\$39.99		1
FMO 408	Super Soles	Replacement Cleats		1 Pkg	\$6.49		1
FMO 409	Winter Grip			1	\$12.95		1
FMO 410	Step Ease	Unit		1	\$34.29		1
FMO 412	Friends Door Hinges	Set of 2		1Pkg	\$34.99		1



45 Osborne Avenue,  
Toronto, Ontario, Canada M4E 3A8  
(416) 699-4446 Fax (416) 699-3246

### GUARANTEE AND RETURN POLICY

Our Products are fully guaranteed. We sell only merchandise that meets our quality standards. Therefore, we guarantee that if for any reason you are not completely satisfied with any item purchased from the catalogue, return it to us postage paid.

To return an item, we ask that you use the original packaging and simply re-pack the item and send it back to us via regular mail. Please insure your package and prepay the shipping. We cannot be responsible for uninsured packages. We cannot accept C.O.D.'s or packages marked "bill recipient". If we have made an error on your order, we'll gladly refund your regular return shipping cost.

We will gladly exchange or substitute the item, or refund your money, whichever you prefer. It would also help us greatly to know your reason - that way if we're doing something wrong, we can correct it. NOTE: Only merchandise in new condition and in original packaging will be accepted.

### WE'RE LISTENING AT FRIENDS MAIL ORDER.

We are always interested in our customers' opinions. If you have any suggestions about our products or service, please feel free to let us know. Also, if there is a certain item that you are looking for, please tell us and we will try to find it for you.

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### CATALOGUES FOR YOU OR YOUR FRIENDS.

If you or a friend have not yet received your FRIENDS MAIL ORDER catalogue, just fill out the information below and send it in. (Please include \$ 1 per catalogue to cover postage & handling.)

#### GIFT CERTIFICATES

If you would like to send someone a gift certificate, just tell us the amount. We'll send along our catalogue and the certificate with your name and special message.

**Gift Certificate Amount:** \_\_\_\_\_

**GIFT MESSAGE:** \_\_\_\_\_

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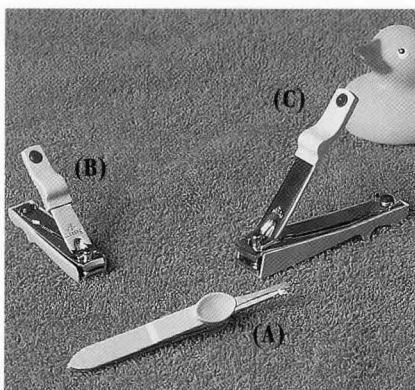
#### A CATALOGUE FOR YOU

Name: _____	
Address: _____	
City: _____	Prov.: _____
Postal Code: _____	Phone No.: _____

#### A CATALOGUE FOR FRIENDS OR RELATIVES

Name: _____	
Address: _____	
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Name: _____	
Address: _____	
City: _____	Prov.: _____
Postal Code: _____	Phone No.: _____





#### **TWEEZERS (A)**

Non-slip grips provide control. Precision ground tips.

FMO 160

**\$6.49**

#### **FINGERNAIL CLIPPER (B)**

#### **TOENAIL CLIPPER (C)**

Unique finger grips are contoured to be slip proof and provide maximum control. Clippers have built-in compartment that catches nail clippings.

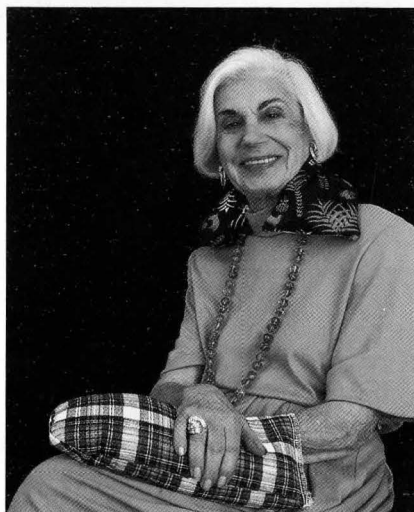
FMO 161 Fingernail

**\$6.49**

Toenail Clippers have a convex cutting edge to help prevent painful ingrown toenails.

FMO 162 Toenail

**\$7.49**



#### **FRIENDS HEALTH BAGS**

Relieve the pain of arthritis, backaches, migraines, neck and shoulder pain and more. Canadian made HEALTH BAGS are a natural anti-inflammatory made of natural fibres. Reusable pack is surrounded by a soft machine washable navy slip cover. For hot, just pop in the microwave or wrap in foil and heat in oven. For cold, pop it in the freezer, then enjoy fast, effective relief. Warm up those cold hands by slipping into our health mitt.

FMO 117 Long Bag

**\$21.39**

FMO 118 Square Bag

**\$21.39**

FMO 119 Mitt

**\$21.39**

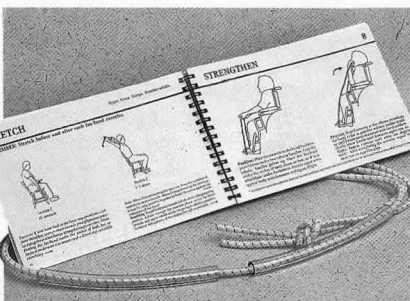
#### **BACK - UP**

Adjustable padded sling will help keep back from aching. By wrapping around the back and hooking over the knees, the "chair" tilts the pelvis forward and helps to reduce slouching, which by curving the spine can cause muscle fatigue and lower back pain. BACK - UP supports spine and relaxes muscles, keeping you refreshed and energized. Great for expectant mothers, too!

FMO 111

Navy

**\$48.19**



#### **STRETCH & STRENGTHEN PACKAGE**

Book shows disabled and elderly persons simple stretch and strengthening exercises for rehabilitation and development programs. Exercises are performed with included Iso-Band, a circular elastic band with tubular handles.

FMO 115

**\$29.99**

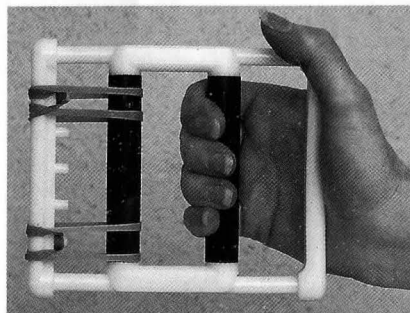


#### **SOFT ANKLE/WRIST WEIGHTS**

Pair of 1 lb. soft ankle/wrist weights are comfortable and have velcro closure. Can be used for exercise to help build up muscle strength.

FMO 112

**\$12.79**

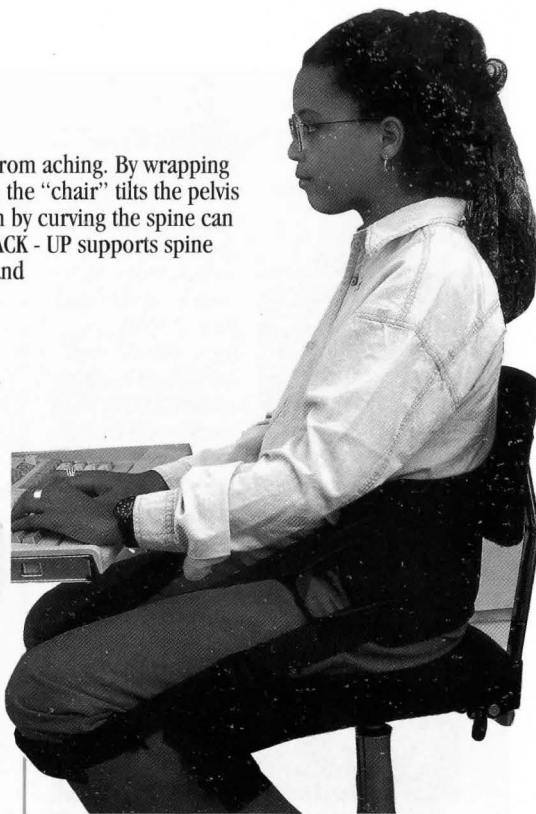


#### **HAND EXERCISER**

Strengthen your grip. Loop a rubber band around the top bar of the sliding finger grip for light resistance. Attach additional rubber bands to increase resistance.

FMO 116

**\$17.19**



#### **FIDDLINK**

Have fun while restoring and developing finger function. By rotating the links back and forth you can increase finger sensitivity, enhance dexterity, improve co-ordination and broaden your range of motion.

FMO 110

**\$12.99**

#### **LO VISION**

#### **PLAYING CARDS (A)**

Numbers, letters and suit characters enlarged for quick recognition. Standard size playing cards ideal for use by persons with 5% or more of normal vision.

FMO 150

**\$6.49**

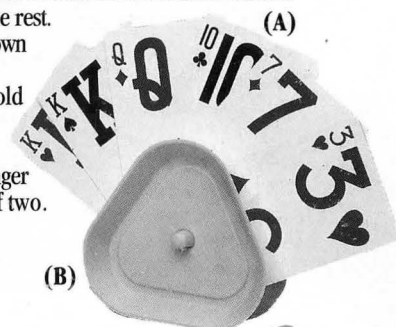
#### **CARD HOLDER (B)**

People with limited grasp find our Card Holder ideal. Cards rest between a spring loaded mechanism allowing for full visibility of cards. Single cards can be added and removed without disturbing the rest. Can be set down on playing surface to hold cards for individuals with poor finger control. Set of two.

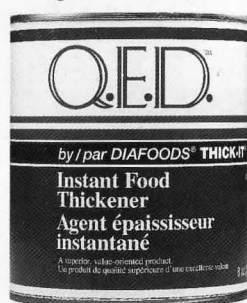
FMO 151

**\$6.49**

(B)



## Q.E.D. INSTANT FOOD THICKENER



**(by Thick - It)**  
For swallowing disorders (dysphagia). Cornstarch based powder thickens hot or cold liquids and pureed foods, making it easier to swallow without coughing or choking. Dissolves quickly and easily. Contributes calories

for nourishment. Concentrated 8 oz. can. Bonus measuring spoon and recipes.

FMO 307

**\$7.49**

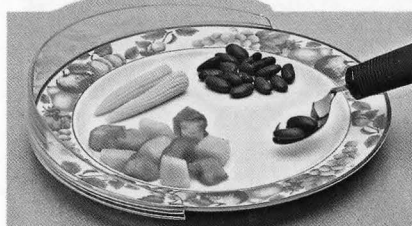


## TAB GRABBER

Opens tab-top beverage cans and removes twist-bottle tops. Special slot opens tab while molded hole fits twist off caps. Magnet on back.

FMO 303

**\$2.49**



## CLEAR FOOD GUARD

Easy to attach. Has gapless fit, forming snug fit around plate ranging from 8" to 10" diameter.

FMO 308

**\$13.99**



## SERRATED KNIFE

Straight knives cut with a bent wrist and unequal pressure on your fingers. This stainless steel knife lets you work with a straight wrist and a stronger grip by transferring the work to your arms. Shape and size of the handle allows equal distribution of pressure over hand. Can use one or both hands and cut with a sawing motion.

FMO 302

**\$22.99**

## GOOD GRIPS CUTLERY

Soft cushion grip handles conform to individual grip. Stainless steel. Special twist built into the metal to facilitate bending of spoons or forks for right-handed or left-handed people. Great for people with limited range of motion as well as Alzheimer's, Arthritic and neurologically impaired persons. Dishwasher safe.

FMO 214	Fork	<b>\$12.99</b>
FMO 215	Teaspoon	<b>\$12.99</b>
FMO 216	Tablespoon	<b>\$12.99</b>
FMO 217	Youthspoon	<b>\$12.99</b>
FMO 218	Rocker Knife	<b>\$13.99</b>



## PLATE WITH RAISED EDGE

By using raised edge, food can be taken onto eating utensil with one hand. Rubber friction strip on underside prevents plate from slipping. Heat-proof melamine plastic. Diameter 7 1/2".

FMO 203

**\$24.99**

## DRINKING GLASS

Can be held by a person who has no grasping ability since hand can be inserted through handle of holder. Small arch opposite handle serves as support if glass needs to be held with two hands. Wide base keeps glass stable. Lid has a mouthpiece so that glass can be used as spouted cup.

FMO 202

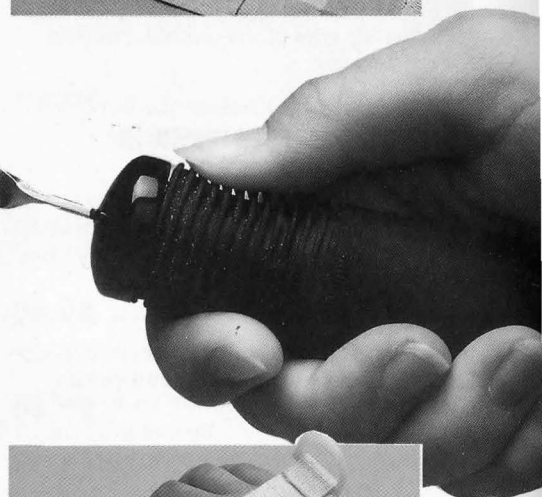
**\$35.99**

## DRINKING GOBLET

Lightweight, with easy to grasp thick stem. Red rings on stem serve as visual aid. Extra broad bottom prevents tipping and allows for support with other hand, if required. Great for those with diminished hand strength.

FMO 201

**\$21.99**



## UTENSIL HOLDER

People with limited grasp can hold pens, pencils and cutlery in utensil holder. Strap adjusts with a D ring fastener. Cotton.

FMO 305

**\$5.99**

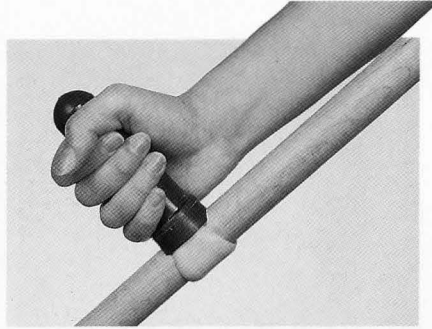


## WEIGHTED UTENSILS

Easy to grasp. Ideal for individuals with Parkinson's or limited hand control. Extra eight ounces of weight decreases hand tremors, allowing utensil to reach mouth easier.

FMO 204	Teaspoon	<b>\$9.99</b>
FMO 205	Soup Spoon	<b>\$9.99</b>
FMO 206	Fork	<b>\$9.99</b>
FMO 207	Serrated Knife	<b>\$10.99</b>





### D-GRIP HANDLE & STRAIGHT HANDLE

Add preassembled, adjustable D-Grip handle to any shaft, pole or tool to improve leverage. Gives extra control and promotes good work movement. Designed to make yardwork, housework easier and safer. Straight Handle easily attaches and detaches; adjust to any position or angle. Household Tools: Add the shaft to brooms, rakes, hoes, shovels and spades to reduce back lifting and bending. Takes strain out of yard work. Medical Aids: Add to bath rails, support poles or chairs for extra grip and stability.

FMO 130 D -Grip **\$14.99**

FMO 131 Straight **\$10.69**



### BLANKET SUPPORT

End tight confining bedcovers! Sturdy, light-weight, aluminium support keeps weight of blankets off feet and prevents foot cramping. Base inserts between mattress and box spring and drops flat when not in use. Height adjusts up to 19". 2' Wide X 6" Deep. Ideal for tall people, restless sleepers, invalids and arthritics.

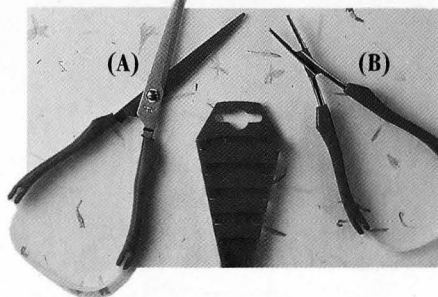
FMO 145 **\$45.99**



### BED HOIST

Assists sitting up from prone position. With some strength in arms and hands, grip the rungs hand over hand. Loose ends of the cord tie around the bottom of the bed legs. Suitable for double or single beds.

FMO 144 **\$23.99**



### LONG LOOP SCISSORS (A)

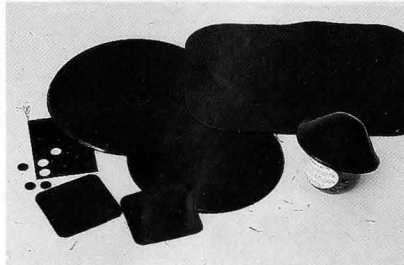
Spring loaded, self opening handle for easy grip and use. Ideal for arthritics and those with little or no finger strength or dexterity. Use with either hand. Includes plastic storage blade guard.

FMO 132 **\$25.99**

### GRIPPING PLIERS (B)

For kitchen and household use that will improve your dexterity. Ideal for gripping small & thin objects, helping to pull zippers, opening up food packages, etc. Comfortable handles have a gentle self opening action.

FMO 133 **\$25.99**



### DYCEM

Keep items in place and off the floor! Unique non-slip material holds objects in place without adhering permanently to furniture. Use in kitchen to hold mixing bowls in place while stirring. May also be used as a dining place mat or to hold pencils, cushions and other items in place. Prevent slippage with Dycem Tabs.

FMO 208 Round Placemat 8" X 3/16" **\$14.99**

FMO 209 Round Placemat 10" X 3/16" **\$18.59**

FMO 210 Rectangle Placemat 10" X 14" X 3/16" **\$27.89**

FMO 211 3 5/8" Coasters ( 4 per Pack) **\$13.89**

FMO 212 Dycem Tabs 5/8" Card of 24 **\$7.89**

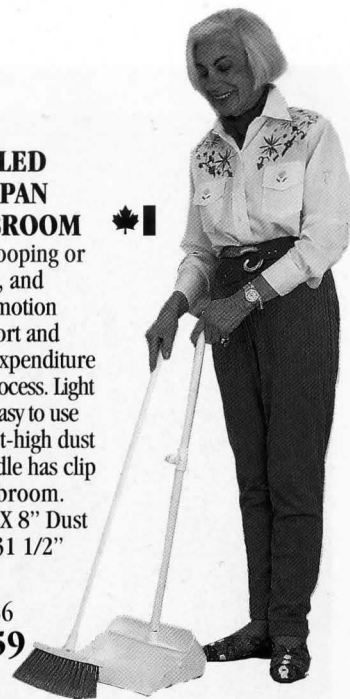
FMO 301 Jar Opener **\$10.49**

### LONG HANDLED DUST PAN AND BROOM

Avoid stooping or bending, and reduce motion discomfort and energy expenditure in the process. Light weight, easy to use and waist-high dust pan handle has clip to store broom.

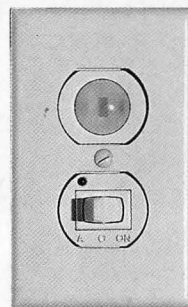
10 1/2" X 8" Dust Pan on 31 1/2" handle.

FMO 136 **\$15.59**



### MOTION SENSOR SWITCH

Replaces your existing light switch. Allows light to go on when you enter a room, and go off when you leave ... without ever reaching for the light switch. Senses your motion! Off / On / Auto switch and energy - saving photoelectric sensor prevents light from turning on in daylight. Ideal for bathrooms, hallways, wherever.

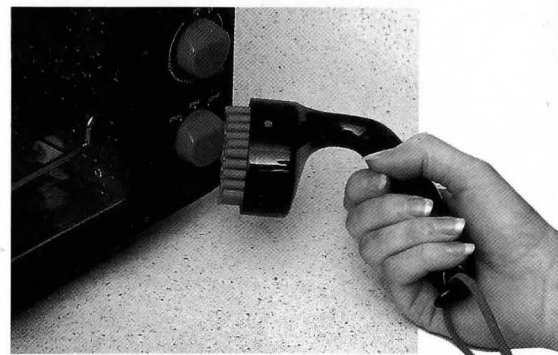


FMO 140 **\$34.79**

### UNIVERSAL TURNER

Designed for people with reduced strength in their hands and arms. Great help when there is water to be turned on, doors to be locked, knobs to be turned, etc. Comfortable "L" shape handle can be gripped with both hands. Fits items up to 1 1/4" in diameter. Hexagon shaped plastic prongs retract individually to fit over knob being turned, creating a secure grip.

FMO 141 **\$27.49**







### BULB BUDDY

No more ladders - easily reach a light bulb on the ceiling, sitting or standing. Lightweight plastic rod with suction cup on one end, suction bulb on the other. Cup sticks onto the bulb, allowing user to take the old bulb out and put the new one in. Reduces the risk of accidents due to reaching and falling. Fits standard and smaller size light bulbs.

FMO 135

**\$10.69**

### EASY TURN LAMP SWITCH KIT

Persons with limited grasp can rotate knobs on lamps comfortably with the Easy Turn Lampswitch Kit. Three-spoked knob is easy to turn and to install.

FMO 142

**\$13.49**

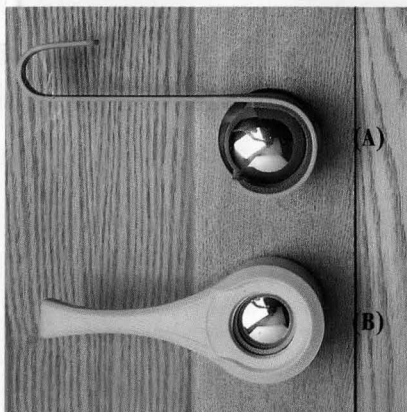


### KEY TURNER

Provides extra leverage for turning keys with this heavy-duty key turner. Curved, built up handles are easier to grip than regular keys. Keys conveniently fold in when not in use. Holds 2 keys.

FMO 143

**\$10.99**



### PORTABLE DOOR KNOB TURNER (A)

Use to increase leverage to help turn rotating door knob. Rubber interior surface prevents slipping. Fits standard 2" diameter round knobs. 4 1/2" handle.

FMO 139

**\$16.99**

### LEVER DOOR KNOB TURNERS (B)

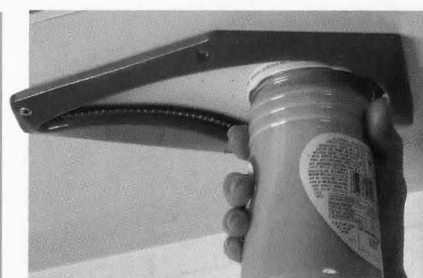
Safe, easy-to-grasp handle. Attach without removing the knob. Two gaskets allow the turner to adjust to a variety of knob shapes. Includes plastic wrench for easy installation. Turner knob is 2 5/8" in diameter and handle is 4" long. Sold in pairs.

FMO 137 Almond

**\$32.99**

FMO 138 Satin Brass

**\$32.99**

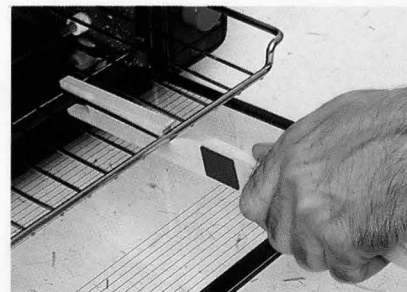


### MIGHTY GRIP JAR OPENER

Removes the tightest jar lid or bottle top single handed. It's easy to install and always there when you need it. Just fasten under any shelf or counter. Opens lids from 1/4" to 4 1/4" diameter.

FMO 306

**\$6.39**



### PUSH / PULL

Great for people with arthritis or have limitations in finger functions. Lightweight, flat wooden stick with triangular notches. Ideal for pulling or pushing oven racks or hot dishes. Almost a foot long. No more burnt fingers. Handy magnet for storage.

FMO 304

**\$3.69**



### CARRY IT (Set of 2)

Our sturdy Comfortable Handle carries any number of Shopping Bags. They slip on and off effortlessly. Distributes weight more evenly and holds onto bags whenever they are put down and while travelling. Fits into pocket or purse when not in use. Made of 100% recycled materials.

FMO 134

**\$3.69**

Principal Photography by Inspireinc, Toronto, Ont. Hair by Salon Déjà, Toronto, Ont. Artwork & Design by Positive Results Marketing, Richmond Hill, Ont.

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